



CANADA GOOSE PIE

The Upland Cook: Feel Good



Easy



3-4 hours



Lunch/Dinner



3-4 servings

With January's chill, it's the perfect time to warm up with comforting dishes! Canada goose pie is a hearty stew made with long-braised meat in stout beer, vegetables, and aromatic herbs, topped with creamy mashed potatoes. It's the ideal dish to make the most of those tough late-season geese.

INGREDIENTS

Meat

- 2 goose breasts
- 2 goose thighs

Vegetables:

- 1 onion, diced
- 2 carrots, diced
- 2 garlic cloves, minced
- 1 pint of button mushrooms
- 1 cup of frozen small peas

Additional Ingredients:

- 1 cup of lardons (bacon)
- 1/4 cup of dried cranberries
- 2 tablespoons of tomato paste

Liquid:

- 1 stout beer (suggestion: Barabas La Ramage)
- 500 mL to 1 L of beef broth

Aromatics:

- Fresh thyme
- 2 bay leaves

Seasoning:

- Worcestershire sauce, to taste
- Maple syrup, if needed

Mashed Potatoes:

- Yukon Gold potatoes
- Butter
- Duck fat

STEPS

1. Prepare the Goose Meat

- In a large Dutch oven, heat duck fat over medium-high heat.
- Sear the goose pieces until golden brown on all sides. Remove and set aside.

2. Prepare the Vegetables

- In the same Dutch oven, add carrots, mushrooms, onion, lardons, and garlic. Sauté in the duck fat for a few minutes until slightly golden.
- Stir in the tomato paste and cook for 2 minutes to enhance the flavors.

3. Deglaze and Simmer

- Pour in the stout beer, scraping the bottom of the pot to release the caramelized bits.
- Add beef broth, bay leaves, thyme, cranberries and the reserved goose pieces. Season with salt and pepper.
- Bring to a boil, then reduce heat to low. Cover and simmer in the oven at 350°F (175°C) for 3–4 hours, or until the meat is tender and pulls apart easily.

4. Shred the Meat

- Remove the goose pieces from the pot. Using a fork, shred the meat and discard the bones.
- Return the shredded meat to the pot and stir to combine.
- Adjust the bitterness with a touch of maple syrup if necessary.
- Add the small peas
- Place the pot back in the oven for an additional 30 minutes to allow flavors to meld.

5. Prepare the Mashed Potatoes

- Boil Yukon Gold potatoes in salted water until tender. Drain well.
- Mash with cream and a tablespoon of duck fat until smooth and creamy. Adjust seasoning to taste.

6. Assemble and Bake

- Transfer the goose stew into a baking dish. , Spread the mashed potatoes over the stew, creating an even layer.
- Bake in the oven at 400°F (200°C) for 20 minutes, or until the top is golden and slightly crispy.

